

“The one that didn’t want to sell, didn’t want to rezone, kind of winds up holding the bag.”

Virginia Beach Councilwoman Barbara Henley

A horse looks out of its stall at Foxridge Farms in Virginia Beach. Mary Smith wants to sell her horse farm, but BRAC has limited what can be done with the property.

Between BRAC and a hard place

Navy, neighbors and zoning trap a Beach horse farm owner in real estate quandary

By Stacy Parker
The Virginian-Pilot

VIRGINIA BEACH
Mary Smith has held on to her horse farm for more than four decades. When developers came calling years ago, she and her husband turned them away. They raised their daughters on the farm, rode horses and taught children to ride. When her husband died in 1990, she kept the land.
Now, she's paying a heavy price.
Smith is nearly 90 years old and ready to sell. But Navy jet noise, neighbors and geography have limited her options.
A church plans to build on some of her land, but the rest has proved unsalable.

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Are critical Navy ranges “on the table” for offshore oil and gas?

protecting operations

House Republicans shot down a proposed amendment to bar offshore development where it might harm military operations, saying it is redundant because the Interior Department consults with the Department of Defense on its needs. The latter has said that such limitations would have to be considered case by case.

By Dave Mayfield
The Virginian-Pilot

The vote seemed, at first glance, like an easy choice. U.S. Rep. Anthony Brown, a Democrat from Maryland, proposed banning oil or natural gas leases in offshore areas where the Department of Defense has said any energy exploration would unavoidably harm military operations.
Many of these areas are off the Virginia coast, marked in a bold red on a map drawn up by the DOD to show where oil and gas exploration and military training would conflict. Brown cited Naval Station Norfolk and Wallops Island, where a Navy surface combat systems center is located, as examples of installations whose operations would be protected.
He urged fellow members of the House Natural Resources

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The Virginian-Pilot

Monday

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STANCH SUPPORT

A NORFOLK TRAUMA SURGEON explains how bystanders can “stop the bleed” after accidents, shootings and emergencies, potentially saving lives.



A couple dozen nursing and health-profession students and employees practiced packing and applying pressure to open wounds on a dummy during a class taught Wednesday by Dr. Leonard Weireter at Sentara Norfolk General Hospital.

what to do if someone's bleeding

Ensure your own safety.
Call 911.
Apply pressure with hands.
Find where the bleeding is coming from, apply bandages or clothing, and apply firm, steady pressure.
If bleeding doesn't stop, place a tourniquet two or three inches closer to the torso from the wound. It can be applied over clothing. A strip of cloth such as a scarf can be used as a substitute for a tourniquet.

By Elizabeth Simpson
The Virginian-Pilot

Mass shootings like the recent one at a Texas church raise a question to Dr. Leonard Weireter: How many victims could have been saved by bystanders?
Weireter, a trauma surgeon at Sentara Norfolk General Hospital, is on a mission to train as many people as he can to know how to respond when they come face-to-face with the unimaginable: a victim bleeding so badly that he or she could die before medical help arrives.
Several factors hold people back from saving a life, Weireter said: They don't know what to do, they're afraid they'll

worsen the situation, they worry they'll get hurt themselves.
That's why the surgeon is touting a public service campaign called “Stop the Bleed.”
In the same way laypeople have been trained to perform CPR to resuscitate heart attack victims, they're now being taught simple steps to stop bleeding after accidents and emergencies.
Dr. Lenworth Jacobs, a trauma surgeon at Hartford (Conn.) Hospital, initiated the campaign after the 2012 Sandy Hook Elementary School shooting left him thinking lives could have been saved.
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NFL | Live at Naval Station Norfolk

Michael Vick returns to Hampton Roads with Fox NFL Sunday hosts for live Veterans Day special.

SPORTS



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Norfolk police Officer Victor Decker's body is found; his widow gets the news. **PAGE 3**

With tax-cut plan within reach, GOP lawmakers face tough choices
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Texas church holds first service since attack that killed 26 of its congregants
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A BIG HIT
UFC Fight Night makes Norfolk debut Saturday at sold-out Constant Center

Sports

periods of rain
Highs: mid-50s.
Lows: upper 40s.
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KRISTEN ZEIS | THE VIRGINIAN-PILOT